

1 INJECTION
(BEFORE BREAKFAST)
BURN
"BELLY FAT"
LIKE CRAZY!

(403) 261-1010 | slimreset.ca

Are you a busy professional in need of a top-notch administrator?

- No time to run errands?
- Do you need to polish your presentations or documents?
- Research about a project you are working on?

As a Virtual Assistant, I have the expertise to help lighten your load!

Reach out today at www.riliservices.com

Lilia Saro
C: 403.483.0916

THIS SPACE FOR RENT

587-392-8086

Coffee News®

Expand Your Business

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE – It's oxygen therapy on your terms. No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere — even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit
1-888-998-6714

inogen
© 2020 Inogen, Inc. All rights reserved. MKT-P0108

Feeling a little stressed?

Relax with...
Coffee News®

Become a Trained Bartending Professional!

BARTENDING CLASSES

METROPOLITAN SCHOOL OF BARTENDING

MetropolitanSchoolofBartending.com

DAYTIME EVENING OR WEEKEND

BINGO BARN

The Place To Play Everyday!

2 Mornings - Sat & Sun • 7 Afternoons • 7 Evenings • 2 Late Nights - Fri & Sat

Bingo Info Line: 403-235-2118

#10, 1107 33rd St. N.E. • www.BingoBarn.ca

FREE! *New Issue Every Week!*

Coffee News®

"News To Be Enjoyed Over Coffee"

Chinook Calgary Edition
587-392-8086

www.coffee-news.ca Est. 1988

Vol. 10 No. 44 November 2, 2020

Everybody's Talking

Big burger: Those who enjoy eating great big burgers might want to visit Chris Steaks and Burgers in Bangkok, Thailand. The burger in question is enormous. The ground beef or pork patty weighs six kilograms (13 lbs.) and is loaded with fattening extras, such as bacon, mayonnaise, and onion rings. Lomdech Kongsuwan, the restaurant owner, is offering 10,000 baht to any diner able to gobble up the meal in nine minutes. So far, very few customers have been able to accomplish the feat.

Lost and found: Ken Woroschuk may be missing a truck, but the important thing is that he has his dog, whose name is Nick. Woroschuk, from Edmonton, Alberta (Canada), left the vehicle running to keep Nick warm while he ran an errand. The truck, along with the attached flatbed trailer, was stolen, along with Nick, who had been waiting patiently in the cab. The trailer was found quickly, but not the truck or Nick. Luckily, the thief must have decided to let the dog go, as Nick was found, unharmed, on a nearby street. For Woroschuk, that was all that mattered.

Permanent love: It seems that Truong Van Lam is truly in love with his fiancée, Luong Kha Tran. The Vietnamese man decided to show his deep feelings in a permanent way: he hired a tattoo artist to ink her likeness on his back. It took many hours and three sessions to get the job done. While the man has other tattoos related to his beloved (her birthdate on his chest and their initials on his wrists) the back tattoo is by far the largest, covering his whole back. She was a bit taken aback at first, but has grown to like the image of herself because it is a symbol of her fiancé's love.

Lovely loaves: When customers buy a loaf of bread made by "Hannah," they don't want to ruin it by cutting it up and making sandwiches. That's because Hannah's loaves are works of art. The food artist from North Carolina (U.S.), who is known as Blondie and Rye on social media, carves intricate designs into her loaves. She uses a special blade to etch the bread with patterns of leaves. Often, she'll adorn it by adding cut up vegetables and fruit on top. It doesn't matter whether the bread product is a bagel, a round loaf of pumpernickel, or a long sourdough loaf, Hannah makes her loaves enticing to anyone.

Quoteable Quotes

"Recompense injury with justice and recompense kindness with kindness."
—Confucius

"It's like magic. When you live by yourself, all your annoying habits are gone!"
—Merrill Markoe

What's Happening

Veterans Association Food Bank - Remembrance Food Drive We will be starting our largest food drive of the year at the end of October and running through to the end of November. Donations can be dropped off at our offices in Calgary and Edmonton. Call us for details 403-FOR367-VETS8387

Nov 7-Woodcreek Community Craft Sale Woodcreek Community Craft Sale - 9:00 to 3:00 pm. 1991 Woodview Dr. SW. Wide selection of crafts for a special gift and personal use. For more info: call 403-238-1611 www.woodcreekcommunity.ca

Seniors Acting Club Classes online The FLC Seniors Acting Club is offering classes online during COVID-19. If acting is on your bucket list check out www.flcseniors.ca and follow the acting club link. You will not need to leave the comforts of your home!

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

Hidden Coffee News Guy ADVENTURE

To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

\$400* Prize Package
Coffee News Bucks
Over 150 participating sponsors!

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries.

NEW FEATURE!

Trivia

- Which is lighter in weight—platinum or palladium?
- The ostrich is a relative of what other big bird?
- What is the opposite of paleo?
- Which board game features grand masters?
- Who was Time magazine's Person of the Year for 2019?

(Flip bottom of page for answers)

© Published with Permission by Calgary Coffee News
(Over)

Wear a mask. Stay Safe!

BLUE BLOODS

MON - THURS 9:00

yesTV

Dragons of Earth

Book Two of The Dragons of Nibiru

Available now at your local bookstore

Chapters Indigo COLES

www.dragonsofnibiru.com

LORNA J. CARLETON

Struggling To Take Care of Your Feet?

Whether you suffer from ingrown nails, athlete's foot, corns, skin and nail fungus infections, or other common foot ailments... help is just a call away with Certified Podologist, Marion.

Toes On The Go Footcare

Call today for more information: 403-620-7851
marion@toesonthego.care • toesonthego.care

STAMPEDE CITY STORAGE

RV • BOAT • MOTORCYCLE STORAGE

- Stalls ranging from 15 to 60 feet. All stalls 12 feet wide
- On site security, fully fenced and 24 hour camera surveillance
- Each customer receives individual code for gate access
- Firewood, ice and other convenient items sold in office
- Two dump stations on site

www.stampedecityrvandboatstorage.ca

Coffee News® is back on the menu!

Help us stop the spread of Covid-19 by taking this copy of Coffee News® with you!

Please do not return to the stand.

Let's work together to **STOP THE SPREAD**

Have You Had A Stroke?

For support and education:

- Stroke Recovery Association of Calgary (SRAC)
- Calgary Aphasia Centre (CAC)
- Young Survivors Group (YSS)

Phone 403.827.7520

www.sracalgary.com • www.calgaryaphasia.com
ysscalgary@gmail.com • Calgary.Aphasia.Centre@gmail.com

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

SHIP BY BUS

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: www.coldshotca.com
Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

From Port Alberni, B.C. to St. John's, Newfoundland

Served in

1579

restaurants and coffee shops

Read by over 1.25 million Canadians per week

Coffee News® is Canada's choice for positive news from around the world!

www.toesonthego.care

RIVERVIEW VILLAGE
OPEN HOUSE
 Every Wednesday 11am-3pm

55+ Senior Affordable Housing
 Family Units • Meal Delivery Plan Available

2933 26 Ave SE Calgary 
 Call for details

403.272.8615/403.441.0673

Every \$3.51 You Give =
1 MEAL FOR A HOMELESS NEIGHBOUR



Give Hope. Give Today.
TheSeed.ca/donate



 **FREE**
SCRAP CAR REMOVAL

DJ'S TOWING MENTION THIS AD AND
RECEIVE UP TO \$300
 FOR YOUR SCRAP VEHICLE
 CALL 403-922-2412

Please recycle your copy of



Coffee News®

Pass it on to a friend... or return it to the rack for someone else to enjoy!



Recipe of the month

Cream Cheese Penguins

18 jumbo black olives, pitted
 1 (8 oz.) package cream cheese, softened

18 small black olives
 1 carrot

Prep: 30 mins. Total: 35 mins Yield: 18 penguins

- Cut a slit from top to bottom, lengthwise, into the side of each jumbo olive. Carefully insert about 1 teaspoon of cream cheese into each olive. Slice the carrot into eighteen 1/4 inch thick rounds; cut a small notch out of each carrot slice to form feet. Save the cut out piece and press into centre of small olive to form the beak. If necessary cut a small slit into each olive before inserting the beak.
- Set a big olive, large hole side down, onto a carrot slice. Then, set a small olive onto the large olive, adjusting so that the beak, cream cheese chest and notch in the carrot slice line up. Secure with a toothpick.
- Add scarves and hats by using fresh red pepper strips, or canned pimentos cut into different shapes.

Source: www.allrecipes.com



Winter's On The Way...

Time to take care of your furnace and hot water tanks!

- Furnace Repair • Duct Cleaning
- Air Conditioning • Hot Water Tanks
- Air Filtration • Humidifiers

24 HR CALL OUT WE offer **INSTALLATION and SERVICE**

Call for your appointment: **403-764-3104**

www.hogghomeservices.ca www.ecotechcalgary.com

Local Alberta companies helping Albertans



Support **Coffee News!**

The paper you have grown to love can't do it without readers like you...

- Visit our advertisers
- Browse our website
- Like us on Facebook

Coffee News®
 "News to Enjoy Over Coffee"



Your Weekly Horoscope

ARIES
 (March 21 - April 20)

 You may receive some benefits or improved importance and recognition for your ability to lead. These changes could cause a great boost to your attitude. Lucky Numbers: 1, 7, 17, 27, 37, 47.

TAURUS
 (April 21 - May 21)

 If you are inclined to take the initiative, you may likely be successful. Your physical drive and energy level could be very high. You might easily accomplish a great deal. Lucky Numbers: 3, 5, 16, 22, 26, 40.

GEMINI
 (May 22 - June 21)

 You may feel very lucky and, therefore, might not hesitate to take a risk. You may be luckier than usual, but remember not to rely only on chance. Lucky Numbers: 1, 15, 21, 35, 41, 42.

CANCER
 (June 22 - July 22)

 You may start to feel like the world's greatest salesperson. Your enthusiasm and energy might be strong enough to overcome almost any resistance to your plans that you encounter. Lucky Numbers: 12, 16, 32, 36, 42, 46.

LEO
 (July 23 - Aug. 23)

 You may be bolder than usual and more able to approach people who are out of your realm. Your charm and confidence might help you get your way and enjoy yourself, too. Lucky Numbers: 16, 24, 31, 39, 44, 48.

VIRGO
 (Aug. 24 - Sept. 23)

 Your individuality may be important to you and you may need to explore new possibilities. You might be inspired to find original ideas and perhaps a new perspective. Lucky Numbers: 4, 15, 19, 34, 45, 47.

LIBRA
 (Sept. 24 - Oct. 23)

 Your creative work may touch the hearts of others. Your efforts could receive much positive attention. Your talents might reach a much wider audience than usual. Lucky Numbers: 9, 13, 19, 23, 29, 33.

SCORPIO
 (Oct. 24 - Nov. 22)

 Chance meetings may spur your imagination. You could be attracted to people who stimulate your thirst for thoughts and new ideas. You might learn to be yourself. Lucky Numbers: 21, 24, 29, 31, 44, 49.

SAGITTARIUS
 (Nov. 23 - Dec. 21)

 You may be introduced to matters that are unfamiliar to you. Trust the experts. You also might be exposed to new information that expands your knowledge. Lucky Numbers: 8, 10, 17, 28, 30, 44.

CAPRICORN
 (Dec. 22 - Jan. 20)

 Your efforts to advance your interests may meet some resistance. Try your best to operate on your own, and others might want to join your forces. Lucky Numbers: 2, 12, 14, 16, 18, 20.

AQUARIUS
 (Jan. 21 - Feb. 19)

 You may do very well promoting or advertising yourself or your creative work. You might receive more attention and be able to reach a much wider audience. Lucky Numbers: 2, 12, 13, 22, 23, 33.

PISCES
 (Feb. 20 - March 20)

 Some daydreams may need to be dropped and replaced with other visions. You might create a more positive environment by investing in significant effort. Lucky Numbers: 4, 28, 34, 42, 46, 48.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 4.

Did You Know...

Red and white: Indonesia's flag has two horizontal bars. The top is red and the bottom is white. It is similar to the flag of Monaco, which is not as long as Indonesia's. Poland's flag is similar, but the white is over the red.

Batting average: Different woods are used to make baseball bats. Ash is common, as it is flexible. Maple is popular because it is hard and dense, allowing the ball to quickly bounce off the bat. Birch and bamboo are also choices of bat manufacturers.

Teeny bone: The smallest bone in the human body is the stapes. About the size of a grain of rice, this bone is located in the middle ear. Its purpose is to transmit sound vibrations.

Slavic scene: Belarus is a Slavic country in eastern Europe bordering on Lithuania, Latvia, Russia, Ukraine, and Poland. Official languages are Belarusian and Russian. The capital is Minsk.

Appealing show: Variety shows were a staple of early television. For example, Ed Sullivan's *Toast of the Town* aired on CBS from 1948 to 1971. In 1955, its name changed to *The Ed Sullivan Show*. Elvis Presley appeared on the show in 1956.

On the Lighter Side

A car is something your kid manages to get into the garage on the last drop of gas!

Teacher: "Which book has helped you the most in your life?"
 Student: "My father's chequebook!"

Travel agency slogan: "We mean it when we say we want you to go away."

What can you do with alligator skins? Keep alligators in them!

Q: Why did the chicken go to the séance?
 A: To get to the other side.

Answers

Trivia answers: 1. Palladium 2. Emu 3. Neo- 4. Chess 5. Greta Thunberg

For available franchise opportunities – visit coffeenewscanada.com

© Published with Permission by Calgary Coffee News

HELPING HOMEOWNERS START OR FINISH THEIR HOME PROJECTS

CALGARY **HANDYMAN SERVICES**



DRYWALL	INSTALLATION
PAINTING	BATHROOM RENOS
PLUMBING	FLOORING
ELECTRICAL	...AND MORE!

CALL/TEXT TODAY:
403.852.7505
calgaryhandymanservices@telus.net

Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca
 Please put "Readers" in the subject line.

Please include:
 • Your name • Your phone number and • Your address so that we can send you some **cool prizes** if your photo is chosen to appear in the paper!



Reader of the Month
 Thomas Acheson • Calgary, AB

Coffee News® Fun Reading. Serious Advertising.

Pregnant? Facing Difficult Decisions?

We can help.
 Call **780.421.1177** or text **587.596.5380**



- Confidential Pregnancy Counselling
- Support and Connection to Resources
- Adoption Information and Advice

Small Miracles Adoption

www.smallmiraclesadoption.com

DO THE MATH!

If you advertise in a monthly publication, your ad is seen 12 times a year.
 If you advertise in a bimonthly publication, your ad is seen 6 times a year.
 If you advertise in **Coffee News®**, your ad is seen **52 times a year!**

It takes the average person 8 - 10 times to see a message and retain it.
 So, where would you want YOUR ad to be?

Coffee News® = Repetition

HIP/KNEE REPLACEMENT?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for **\$3,000 YEARLY TAX CREDIT** and **\$30,000 LUMP SUM REFUND**

APPLY NOW TO MEET 2019 TAX DEAD-LINES!

For Expert Help:
1.844.453.5372



APARTMENTS FOR RENT

Cedar Ridge

It's easy to imagine Calgary city life at Cedar Ridge Apartments!

These spacious living spaces nestled in nature along the Bow River allow you to get lost in mountain and river views. Enjoy all of downtown Calgary's offerings or take pause in one of the neighbourhood's many green spaces.

1 bdrm from \$1,025/month* | 2 bdrm from \$1,095/month* | 3 bdrm from \$1,345/month*



Call **403.279.8681** or visit www.caprent.com

*Price subject to availability and change

SHOP ONLINE!

www.scubagearcanada.ca

- Snorkelling Gear • Reef-Safe Sunscreen
- Beach Water Shoes • Dry Bags & Wallets • UV Shirts

SNORKELLING AND SCUBA DIVING LESSONS

The Dive Outfitters

Learn to SCUBA DIVE at our Edmonton location – call for details

Scuba Diving & Snorkeling
 11781-156 St., Edmonton **780.483.0044**



SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA